

<b>Breakfast</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (¾ cup)					
<b>Juice or Fruit or Vegetable</b> (½ cup)					
<b>Grains/Breads*</b> Bread (½ slice) <b>or</b> Cold Cereal (⅓ cup) <b>or</b> Hot Cereal (¼ cup)					
Other foods ( <b>Do Not Count</b> )					
<b>AM Snack <i>Select 2 of the 4 components</i></b>					
<b>1. Milk</b> (½ cup)					
<b>2. Meat or Meat Alternate</b> Meat, Poultry or Fish (½ oz.) <b>or</b> Cheese (½ oz.) <b>or</b> Egg (½ large) <b>or</b> Peanut Butter (1 Tbsp.) <b>or</b> Cooked Dried Beans and Peas (⅓ cup) <b>or</b> Yogurt (¼ cup)					
<b>3. Juice or Fruit or Vegetable</b> (½ cup)					
<b>4. Grains/Breads*</b> Bread (½ slice) <b>or</b> Cereal (⅓ cup) <b>or</b> Enriched Pasta and Grains (¼ cup)					
Other foods ( <b>Do Not Count</b> )					
<b>PM Snack <i>Select 2 of the 4 components</i></b>					
<b>1. Milk</b> (½ cup)					
<b>2. Meat or Meat Alternate</b> Meat, Poultry or Fish (½ oz.) <b>or</b> Cheese (½ oz.) <b>or</b> Egg (½ large) <b>or</b> Peanut Butter (1 Tbsp.) <b>or</b> Cooked Dried Beans and Peas (⅓ cup) <b>or</b> Yogurt (¼ cup)					
<b>3. Juice or Fruit or Vegetable</b> (½ cup)					
<b>4. Grains/Breads*</b> Bread (½ slice) <b>or</b> Cereal (⅓ cup) <b>or</b> Enriched Pasta and Grains (¼ cup)					
Other foods ( <b>Do Not Count</b> )					

**Note:** The quantities of food specified are the minimum serving sizes for children ages 3-5. Quantities must be adjusted for other ages.

\*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.